

THE MRC CONNECTION

SEPTEMBER 2009



What's Inside

Training2

Outreach Events....5

EP & R Exercises ..6

Thank You7

Welcome New Members

who joined in August:

Karly Bryant

Monica Cohen

Jezeriah Cook

Michael Druitt

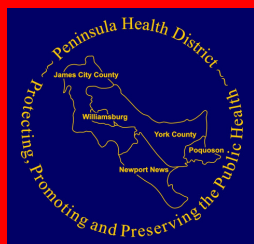
Tyrrell Madden

Tikisha Parker

Tiffany Perry

Rochelle Walker

We are glad to have you!



Peninsula Medical Reserve Corps, 416 J. Clyde Morris Blvd., Newport News, VA 23601

'Tis the Season for Hurricanes - Seasonal Flu and the H1N1 Flu What is one to do?

The first steps are to be informed and to be prepared. There is a wealth of information available on the internet, on television and in the newspapers. Since we are in the hurricane season, let's start there.

Hurricanes:

- Do you know if you should evacuate?
- Is your home in a flood plane or storm-surge zone?
- Do you live in a mobile home or one not able to weather the storm?
- Does someone have special medical needs?
- Do you know the evacuation route?
- Do you have a plan and are you prepared with water, food, medications, etc.?
- Do you know how to get information via the telephone, web, radio and television?

If you can not answer these questions, then you are not prepared. The place to start is your area Emergency Management web site where you will find public radio and television stations, telephone numbers for information and how to prepare. You may also visit www.ready.gov, and PMRC is offering a Preparedness course.

Flu:

An excellent web site for information is the Center for Disease Control and Prevention <http://www.cdc.gov/flu/professionals/flugallery/index.htm>; they have information in more than 10 languages for both the Seasonal flu and H1N1 flu. Also visit www.flu.gov. Check the local newspapers for information and possible clinics.

Flu Tips:

- Stay home when sick
- Cover nose and mouth when coughing or sneezing with tissue or in your sleeve, not in your hands
- Wash hands often with soap & water and use hand sanitizer
- Vaccines for Seasonal flu will **not** protect against H1N1 and vice-a-versa

PMRC volunteers can sign up for our training classes, e.g., Preparedness, POD and Psychological First Aid **and** volunteer to help during the flu seasons.

2009 the Peninsula MRC's Year of Preparedness

Helen T. Madden, Ph.D.
Peninsula MRC Coordinator

Volunteers Protecting the Health of the Peninsula

PMRC Training Calendar

| Course/Event | Date | Time | Location | Instructor |
|--------------------------------------|--------------------------|-------------------|-------------------------------------------------------------------|--------------------------------------------------------------------------|
| CPR for Health Care Providers | Tuesday September 8 | 8:00 AM – 1:00 PM | Mary Immaculate Hospital Health Education Room Newport News | PHD To Register call Teresa 594-8045 |
| Mass Casualty Incident Management | Saturday September 19 | 9:00 AM – 5:00 PM | Tidewater EMS Council 6253 Center Dr. Norfolk, VA 23502 | To Register call Teresa 594-8045 |
| CPR for Health Care Providers | Tuesday September 22 | 8:00 AM – 1:00 PM | Mary Immaculate Hospital Health Education Room Newport News | PHD To Register call Teresa 594-8045 |
| CPR for Non-Medical | Tuesday September 28 | 8:00 AM – 1:00 PM | Mary Immaculate Hospital Health Education Room Newport News | PHD To Register call Teresa 594-8045 |
| Basic SKYWARN | Tuesday October 6 | 6:00 PM – 9:00 PM | Peninsula Health District Auditorium Newport News | NWS - Michael Montefusco To Register call Teresa 594-8045 |

H1N1 – Preparing and Protecting

Since the World Health Organization (WHO) declaration of a pandemic on June 11, 2009, the new H1N1 virus has continued to spread, with the number of countries reporting cases of novel H1N1 nearly doubling. The Southern Hemisphere's regular influenza season has begun and countries there are reporting that the new H1N1 virus is spreading and causing illness along with regular seasonal influenza viruses. In the United States, significant novel H1N1 illness has continued into the summer, with localized and in some cases intense outbreaks occurring. The United States continues to report the largest number of novel H1N1 cases of any country worldwide.

The United States has been working closely with other countries and the (WHO) to strengthen systems to detect outbreaks of influenza that might cause a pandemic.

The effects of a pandemic can be lessened if preparations are made ahead of time.

Fearing another outbreak of the H1N1 virus this fall, the PHD is seeking Peninsula Medical Reserve Corps volunteers to administer vaccines and assist in the delivery of services.

Get trained now. THE PMRC will need your help and involvement.

Below is the H1N1 training program slated for the months of September and October. Please contact Teresa.Blakeslee@vdh.virginia.gov or 757-594-8045 to register.

SEPTEMBER 2009 H1N1 Training Schedule - PMRC

[illegible]

Please contact Teresa.Blakeslee@vdh.virginia.gov or 757-594-8045 to register.

Volunteers Protecting the Health of the Peninsula

***Last week of September and* OCTOBER 2009 H1N1 Training Schedule - PMRC**

[illegible]

Community Outreach Events

| Activity | Date / Time | Location | Volunteers Needed |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  Seasonal Flu Phone Bank | Tuesday September 8 thru Tuesday September 29 9:00 AM to 12:00 PM Monday thru Thursday (These are revised dates as of 8/26/09) | Peninsula Health District 416 J. Clyde Morris Blvd. Newport News | VOLUNTEERS NEEDED: Answering Phones, Scheduling Appointments, Information Sharing |
|  Riverside Men's Health Awareness | Saturday September 12 8:00 AM to 12:00 PM | Riverside Cancer Center 12100 Warwick Blvd | VOLUNTEERS NEEDED: Information sharing (1) One time only |
|  BP Screening and Health Info | Monday's (Start Nov.) 11:00 AM to 1:00 PM | Denbigh Senior Center 15460 Warwick Blvd. Newport News | VOLUNTEER NEEDED: LPN or RN (1) Monthly – 2 nd Monday |
| BP Screening and Health Info | Monday September 14 2:00 – 3:30 PM | Langley Village Hampton | Volunteered – Pat Wharry, RN |
|  BP Screening and Health Info | Wednesday September 16 9:00 AM to 10:00 AM | Clean Comfort 328 30 th St. Newport News | VOLUNTEER NEEDED: LPN or RN (1) Monthly – 3 rd Wednesday |
|  Fitness Blast! Newport News Parks and Recreation | Saturday September 19 10:00 AM to 2:00 PM | Brittingham-Midtown CC 570 McLawhorne Drive Newport News | VOLUNTEER NEEDED: LPN's or RN's to perform blood glucose, cholesterol, BP screenings, body fat analysis Non-medical volunteers to assist with fitness testing |
|  Seasonal Flu – Mass Vaccination Clinic | Monday September 21 12:30 PM to 4 PM | Hampton Health District 3130 Victoria Blvd. Hampton | VOLUNTEER NEEDED: RN or LPN (1) |
|  Seasonal Flu – Mass Vaccination Clinic | Friday September 25 12:30 PM to 4 PM | Hampton Health District 3130 Victoria Blvd. Hampton | VOLUNTEER NEEDED: RN or LPN (1) |
|  Seasonal Flu – Mass Vaccination Clinic | Monday September 28 12:30 PM to 4 PM | Hampton Health District 3130 Victoria Blvd. Hampton | VOLUNTEER NEEDED: RN or LPN (1) |
| BP Screening and Health Info | Tuesday September 29 2:00 PM – 3:30 PM | Mennowood Retirement Newport News | Volunteered – Carolyn Conley, RN |
| BP Screening and Health Info | Wednesday September 30 2:00 PM to 3:30 PM | Warwick SRO Newport News | Volunteered – Brenda Sarno |
|  Seasonal Flu – Mass Vaccination Clinic | Wednesday September 30 8 AM to 7 PM (This is a revised date as of 8/26/09 – there is no clinic on 9/16 or 9/23) | Peninsula Health District 416 J. Clyde Morris Blvd. Newport News | VOLUNTEERS NEEDED: RN's and/or LPN's, Admin (12) |

Contact Teresa Blakeslee at (757) 594-8045 or Teresa.Blakeslee@vdh.virginia.gov to volunteer

Volunteers Protecting the Health of the Peninsula

Community Outreach Events (Continued)

| Activity | Date / Time | Location | Volunteers Needed |
|-------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
|  Seasonal Flu – Mass Vaccination Clinic | Friday October 2 12:30 PM to 4 PM | Hampton Health District 3130 Victoria Blvd. Hampton | VOLUNTEER NEEDED: RN or LPN (1) |
|  Rabies Clinic | Saturday October 3 10:00 AM to 2:00 PM | 28 th St. and Jefferson Ave. Downtown Farmers Market Newport News | Volunteered – Katherine Rahman VOLUNTEERS NEEDED: Vet Tech (1), Registration (4 or 6) |
|  Seasonal Flu – Mass Vaccination Clinic | Monday October 5 12:30 PM to 4 PM | Hampton Health District 3130 Victoria Blvd. Hampton | VOLUNTEER NEEDED: RN or LPN (1) |
|  Seasonal Flu – Mass Vaccination Clinic | Thursday October 8 12:00 PM – 4:00 PM | Hampton University 136 Marshal Ave Hampton | VOLUNTEERS NEEDED: RN's and/or LPN's, Admin (12) |
|  Seasonal Flu – Mass Vaccination Clinic | Friday October 9 12:00 PM – 4:00 PM | Hampton University 136 Marshal Ave Hampton | VOLUNTEERS NEEDED: RN's and/or LPN's, Admin (12) |
|  Seasonal Flu – Mass Vaccination Clinic | Friday October 9 12:30 PM to 4 PM | Hampton Health District 3130 Victoria Blvd. Hampton | VOLUNTEER NEEDED: RN or LPN (1) |
|  H1N1– Mass Vaccination Clinic | Tuesday October 27 8:00 AM – 4:00 PM | Hampton University 136 Marshal Ave Hampton | VOLUNTEERS NEEDED: RN's and/or LPN's, Admin (12) |
|  H1N1– Mass Vaccination Clinic | Friday October 30 8:00 AM – 4:00 PM | Hampton University 136 Marshal Ave Hampton | VOLUNTEERS NEEDED: RN's and/or LPN's, Admin (12) |
| Clinical Quality Assurance Program | Ongoing now through January 30, 2010 Flexible schedule | PHD Chronic Disease Clinic | Volunteered – Leona Wisoker, Tammy Whitaker VOLUNTEERS STILL NEEDED: Data Entry (2) |

Contact Teresa Blakeslee at (757) 594-8045 or Teresa.Blakeslee@vdh.virginia.gov to volunteer

Emergency Preparedness & Response Exercises

| Event | Date / Time | Location | Volunteers Duties Assigned |
|-----------------------------------------------------------------|-------------|----------|----------------------------|
| There are no scheduled EP & R Exercises for the month of August | | | |

**A very special thanks to the following PMRC volunteers
who worked in August:**

Blood Pressure Screenings and Health Information sharing in underserved areas:

Beverly Browne, Jean Alberts, Pat Olsen, Carolyn Conley, Barbara Smith, and Richard Brittingham for providing blood pressure screenings and/or health information at Community Housing Partner sites and special outreach events.

A total of 53 BP's and 15 hours.

PMRC monthly office support:

Fran Doyle, Winnie Bennett, Barbara Smith for helping out with office support to help keep everything straight!

A total of 29 office support hours.

Seasonal Flu 2009 Phone Bank Training – August 22, and August 26:

Jeni Newton, Chuck and Pat Olson, Carol Perenzin, Joan Sparrock, Winnie Bennett, Dwaine and Marie Harrell, and Barbara Smith for attending the seasonal flu phone bank training.

A total of 27 volunteer training hours.

Rabies Clinic – August 29:

Sam Tate DVM, Amy Pemberton, Katherine Rahman, Beth Siegler, and Tammy Whitaker for helping out at the Rabies Clinic at Hampton Health Dept. in Hampton.

A total of 22.5 volunteer hours.

Watch for the Rabies Clinic splash page in next month's newsletter!

Total of 93.5 volunteer hours! Many hands make light work!!

Thank you to each of you for your work as a PMRC volunteer.

PMRC relies on your dedication and your commitment to its mission.



We like to recognize our volunteers; please remember to submit your hours worked. ☺

We have lots of outreach and training opportunities coming up; please remember to sign up.

In order to receive credit and have your training and volunteer hours properly recorded and accounted for, please sign up for PMRC training, outreach, etc. through the PMRC office unless otherwise noted.

Contact Information

Helen T. Madden, Ph.D.
Peninsula MRC Coordinator
helen.madden@vdh.virginia.gov

Office: 757-594-8045
Fax: 757-594-8612
Cell: 757-268-8712

Peninsula Medical Reserve Corps
Peninsula Dept. of Health
416 J Clyde Morris Blvd.
Newport News, VA 23601



Know What to Do About the Flu

H1N1 Training Schedule Inside!

Receiving this newsletter via USPS?
Please update your email address with us by
calling 594-8045 or emailing
Teresa.Blakeslee@vdh.virginia.gov



PENINSULA MRC
416 J. Clyde Morris Blvd
Newport News, VA 23601

On the web at: <http://www.vdh.virginia.gov/mrc/peninsulamrc/index.htm>